Turkey Pot Pie

Turkey pot pie is a staple leftovers dish that many fear they can never again enjoy living a gluten free lifestyle. Several gluten free flours are available that work great for a pie crust. It's easy to make, though joining a top and bottom crust can be a challenge. Don't worry about joining the crusts. Enjoy the meal. Turkey pot pie can also be made from frozen leftovers, for a good early spring, or late fall meal. Or a great way to clean out the extra vegetables in the fridge after a long day. Frozen ones are available, as well.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours
B. Timer set to the time to begin preparation prior to cooking
C. Timer set for 1 hour later, when meal should be ready to eat
D. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat into bite sized pieces before sitting down
Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Broccoli
Butter (lactose)
Eggs
Milk (lactose)
Mushrooms
Onions
Pepper
Potatoes
Spices
Turkey

Meatless Preparation Avoid:
- Butter
- Eggs
- Milk
- Turkey
- Substitute with: _____

Utensils:
- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: 2.5 quart oven safe with lid

Ingredients:

Meat:
- 1 pound of sliced turkey

Vegetables:
- 15 ounces of carrots
- 15 ounces of peas
- 15 ounces of potatoes (diced)

Other ingredients:
- 1 baking mix (gluten free)
  - Verify amounts of extra ingredients:
    - 1/4 cup of butter
    - 2 eggs
    - Milk, or
      - Water
- 1 tablespoon of butter
- Mushroom soup (gluten free)
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

Baking Mix:

1. Combine in a mixing bowl.
   Verify package ingredients:
   1/2 cup of butter
   2 eggs
   1/4 cup milk, or
   1/4 cup water

Vegetables:

1. Open cans of:
   15 ounces of carrots
   15 ounces of peas
   15 ounces of diced potatoes

Meat:

1. Dice 1 pound of cooked turkey.

Combine in oven safe pan:

1. Melt 1 tablespoon of butter and cover the bottom of the 2.5 quart pan.
2. Lightly tap and spread half of the baking mix into the bottom of the pan.
3. Add:
   15 ounces of carrots
   1 can of gluten free mushroom soup
   15 ounces of peas
   15 ounces of diced potatoes
   Dash of salt
   Spices, such as pepper, to taste
   1 pound of diced turkey.
4. Add the second half of the baking mix in small spoonfuls, spreading it across the top carefully.
5. Cut 2 small squares of butter (about 4 times the width of the knife) and break into smaller squares. Sprinkle on top.
6. Cover and place in oven.

Cook Temperature: 350 degrees

Cook Time: 1.5 to 2 hours

Servings: 4

Storage Solutions: Square containers in individual servings with or without vegetables

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources**
- **Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources**

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.